Dealing with Well-Being and Stress During Times of Uncertainty

April 8, 2020

Presented by:
Julius E. Rhodes, SPHR, Founder and Principal, mpr group

Moderated by:
Joe Trauger, Vice President of Government Relations, National Club Association

Visit nationalclub.org/coronavirus for more information
Henry Wallmeyer

President and CEO
National Club Association

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Joe Trauger

Vice President of Government Relations
National Club Association

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What's Ahead

• Congress returns April 20, 2020
• Guidance from Treasury and SBA
• Phase IV Relief Bill

• Contact your Member of Congress and Senators
  • 501(c)7 organizations not eligible for SBA relief
  • Share challenges of small businesses
  • Reductions in staff
  • No certainty of when they can reopen
  • People shouldn't be left behind in relief efforts
  • Clubs doing their part to slow spread

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Invest In Your People And Your Business Will Prosper
“We’re Small But We’re BIG On You!” TM

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Agenda

- Defining Well-Being and Stress
- Dimensions of Wellness and Addressing Stress
- Understanding What We Can Do
Marzet & Pete Rhodes
Date of Photo: 1955
Greenwood, Mississippi
Married: April 29, 1951
Father’s Day
Chicago
June 2016
Jerome Rhodes
2013-14 -15
Northern Athletics
Collegiate Conf.
Indoor & Outdoor
High Jump Champion:
6’10.25”
6’11”
03/01/14
05/10/14
03/02/15
05/02/15

4-Time Qualifier
National Collegiate Athletic Assoc.
Division III Championships
Indoor Qualifier
10th Place
03/14/14
Outdoor Qualifier
7th Place 05/23/14
Indoor Qualifier
10th Place
03/14/15
Outdoor Qualifier
7th Place 05/23/15

2014 and 2015 All-American - T&F
2015 Graduate - Milwaukee School of Engineering
Marketing Analyst - Adidas

My Lineage Network and Personal BRAND
My Lineage Network and Personal BRAND

Lauren Rhodes
Millikin University
- The Plant
That Ate Dirty
Socks
October 2013

MU IRHA
Advisory Committee
Class Historian
Editor and Columnist - Decaturian Newspaper

Asst. Stage Manager
Millikin University
- Yankee Tavern
May 2014

- No Exit
Nov. 2014

- Bloody, Bloody
Andrew Jackson
May 2015

2018 Millikin University Graduate
Spanish - Residential Counselor - Mooseheart School
Agenda

1. Defining Well-Being and Stress
2. Dimensions of Wellness and Addressing Stress
3. Understanding What We Can Do
“The World As We Have Created It Is A Process Of Our Thinking. It Cannot Be Changed Without Changing Our Thinking.”

Albert Einstein
Well-Being and Stress

Well-being: Is The Experience Of Health, Happiness, And Prosperity. It Includes Having Good Mental Health, High Life Satisfaction, A Sense Of Meaning Or Purpose, And Ability To Manage Stress.

Stress: A State Of Mental Or Emotional Strain Or Tension Resulting From Adverse Or Very Demanding Circumstances - Can Be Positive (Eustress) Or Negative (Distress).
Wheel of Wellness
2 Types of Stress

**Distress** - Negative **Stress**. In Daily Life, We Often Use The Term "Stress" To Describe Negative Situations.

An **Example Of Distress** Would Be A Negative Form Of Stress - The One That We Most Commonly Associate With Stress Such As Financial Issues or now COVID-19.

**Eustress** - Beneficial **Stress**—either Psychological (E.G. Mental) or Physical (E.G. Exercise).

Essential Well-Being Traits

- A Strong Sense of Personal Responsibility
- A Realistic and Positive Outlook
- Take Time To Identify New Experiences In Life and New Discoveries
STOP - Take A Break And Focus On Mindful Breathing

AFFIRM - Focus On The Positives And What You Can Control

ASK - What Small Changes Can I Make That Will Yield Long Term Gains

FOCUS - Don’t Try To Be Or Do Everything

ENGAGE - Begin The Process Of Executing Your Strategy
How To Clear Your Head

• Let Go Of Small Things
• Notice The 4 S’s: Sights, Sounds, Smells, Sensations
• Make Sure You Take Each Sensation In and Identify What Makes It Pleasurable
• Pay Positive Attention To The Simple Things
• Identify Small Changes You Can Make
• Savor The Only Moment You Have Control Over - NOW
Increasing Well-Being and Eustress

- **Have**: Have FUN - Take time to relax and enjoy yourself
- **Put**: Put Yourself In A Positive Environment - Good people, Role models, Social life
- **Be**: Be An Informed Consumer and Not Just A Receiver of Information - Identify, accept and act on facts and not fiction
- **Practice**: Practice ‘Proximity Distancing’ Not Social Distancing - We Are Social Creatures
Well-Being Resources

- Crisis Text Line: https://www.crisistextline.org/
- TED talks: https://www.ted.com/playlists/245/talks_for_when_you_feel_totally
- Greater Good Magazine: https://greatergood.berkeley.edu/article/item/how_to_transform_stress_courage_connection
COVID-19 Resources

- National Club Association: https://coronavirus.nationalclub.org
Let’s Chat

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Founder and Principal

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Helping Our Clients Invest In Their People For Over 25 Years 1994 - 2020
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